

# Are **you** and your **Family** **Ready** for an **EMERGENCY**?



## 16-Month Preparedness Calendar

It's up to you.  
Prepare Strong!



[www.ready.army.mil](http://www.ready.army.mil)



# Army Emergency Management

HQDA G-3/5/7

Army Asymmetric Warfare Office  
Protection Division  
*Installation Preparedness Branch*



Emergencies, by definition, leave little or no time to react. The increased threat of terrorism and recent naturally occurring disasters demonstrate the need for our Army community to be prepared for any emergency.

To help prepare Army Soldiers, their Families, Army Civilians and contractors for all hazards, manmade or natural, Ready Army encourages everyone to—  
Get a kit. Make a plan. Be informed. The Army's campaign, developed by the Headquarters Department of the Army, Army Emergency Management Program, expands upon the national Ready campaign from the U.S. Department of Homeland Security and the Ad Council to provide targeted information to support the unique needs of our Army community stationed around the world.

The Army recognizes the continued commitment and sacrifice that Soldiers, and their Families make every day. Ready Army supports that commitment by strengthening our Army community and the peace of mind of our deployed Soldiers, who can focus on their critical duties knowing that their loved ones know what to do if an emergency strikes.

Soldiers take care of Soldiers; Army Families take care of Army Families; and in the Army, we take care of each other. It is this underlying compassion that creates an attitude that we're in this together. Instituting emergency preparedness and education programs like Ready Army helps prepare the entire Army community; and a prepared community saves lives.

**Preparing Army communities today for the hazards of tomorrow;  
keeping America's Army strong!**



# national preparedness month

*Are you ready if an emergency occurs?*

National Preparedness Month is held each September to encourage Americans to take simple actions to prepare for emergencies.

An emergency kit ensures your Family has what you need during an emergency. Your kit should include supplies for a minimum of three days, whether you have to temporarily shelter-in-place, evacuate, or move to a civilian shelter or designated safe haven.

A Family emergency plan ensures everyone in your Family understands what to do, where to go and what to take in the event of an emergency.

Stay informed about potential threats in your area, and get involved in preparing your community.

Visit [www.ready.army.mil](http://www.ready.army.mil) for further information on emergency planning.



**Get a Kit.  
Make a Plan.  
Be Informed.**



# september 2009

SundayMondayTuesdayWednesdayThursdayFridaySaturday

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Labor Day  
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Rosh Hashanah Begins  
at Sundown  
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Yom Kippur Begins  
at Sundown  
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**Build your emergency kit!**

See the back of this calendar for an emergency kit list, or you can assemble supplies in smaller steps using the Shopping Lists provided each month. Check off the items as you gather them.



Create a personal support network. Talk to Family, friends and neighbors ahead of time to find out who might need assistance or could help you during an emergency.



Check local stores including AAFES and DeCA for promotions on items for your emergency kit this month!

August							October						
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23	24	25	26	27	28	29	25	26	27	28	29	30	31
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Medicines,  
prescriptions,  
disinfect and  
cleaning materials,  
trash bags.

Cell phones, hand-crank or battery-powered radios and cell phone chargers, extra batteries.

Nonperishable, high-protein food. Include Family favorites and comfort food.

One gallon of H<sub>2</sub>O  
per person per day  
for drinking and hygiene.  
Minimum of three days is  
recommended for  
each Family member  
and pet.

Financial and military documents, birth certificates, passports, cash, maps and Family emergency plan.  
Store in waterproof container.

Pet items, baby  
supplies, feminine  
hygiene.

**Emergency Preparedness Step 1: Put together an emergency kit that includes enough supplies for at least three days. You and your Family will be able to respond to an emergency more quickly, whether you have to temporarily shelter-in-place, evacuate, or move to a civilian shelter or designated safe haven. Ensure that every member of your Family knows where it is located and is able to access it easily.**

**See the back of this calendar for an emergency kit list, or you can assemble supplies in smaller steps using the Shopping Lists provided each month.**

**Check off the items as you gather them.**



# october 2009



- Monthly Shopping List**
- Waterproof bag or container for your kit items
  - One gallon of water per person per day for at least three days

SundayMondayTuesdayWednesdayThursdayFridaySaturday



Consider your local hazards and store your emergency kit in the area that you plan to temporarily shelter-in-place.



Think about the dual uses of kit items, e.g., a poncho can be used for shelter or serve as an emergency marker.

25<sup>th</sup> Annual Army Ten-Miler

AUSA Annual Meeting

AUSA Annual Meeting

AUSA Annual Meeting

Columbus Day

Halloween

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Remember to update kit supplies periodically as medications and food expire.

Supporting year of the Noncommissioned Officer

Log on!

Ready Army:  
[www.ready.army.mil](http://www.ready.army.mil)

Ready.gov: [www.ready.gov/america/getakit/](http://www.ready.gov/america/getakit/)

FEMA: [www.fema.gov/plan/prepare/supplykit.shtm](http://www.fema.gov/plan/prepare/supplykit.shtm)

September						
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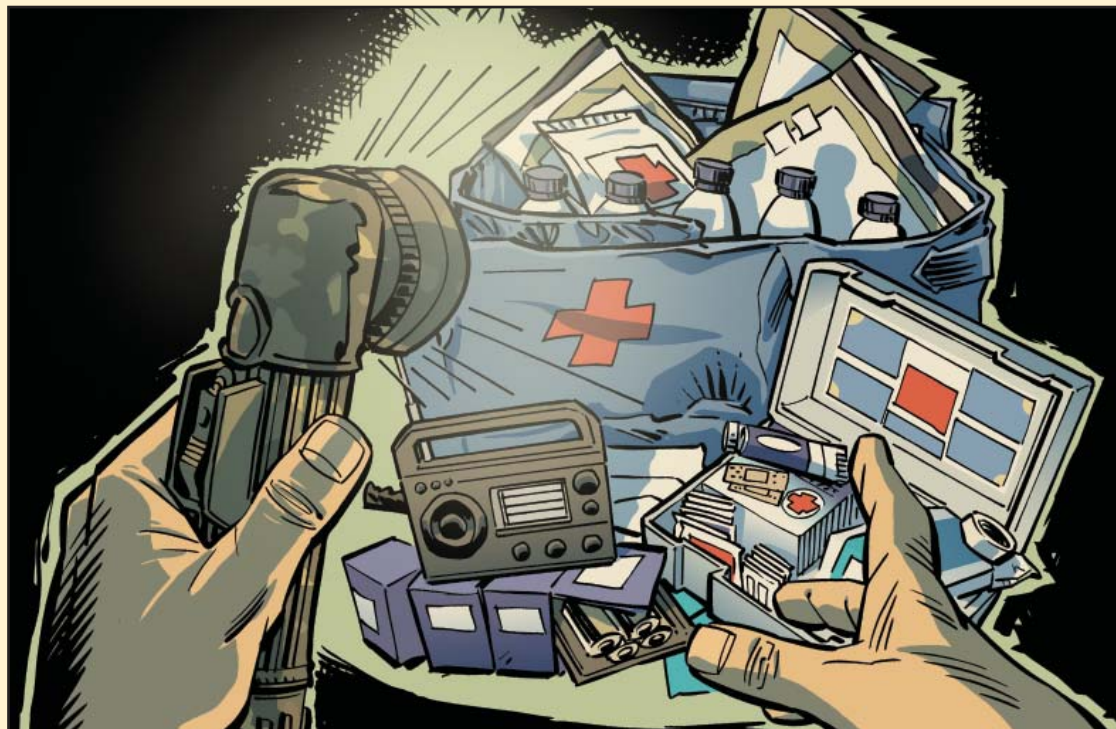


Develop a Family communication procedure in case you are separated during an emergency.

# make and practice a plan

Protect your Family and property by developing an emergency plan. Everyone in the Family should understand what to do, where to go, and what to take in the event of an emergency. Ensure everyone in your Family knows how to contact Army OneSource and the Army Info Hotline, in case they are separated and need to pass a message to you or Army authorities. It is important to understand how to report your status online through the Army Disaster Personnel Accountability and Assessment System (<https://adpaas.army.mil>). Use the Family Emergency Plan provided in the back of this calendar to record your plan and key contact information.

Plan for Family members with disabilities or other special needs. Include pets in your Family plan.



Establish an evacuation procedure and discuss where you will meet. Be sure to have a backup plan.



# november 2009



- Monthly Shopping List**
- Ready-to-eat, nonperishable, high protein food
  - Reusable plates, cups, utensils, saucepan and portable stove

Sunday

Daylight Savings Time Ends

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Monday

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Tuesday

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Wednesday

Veterans Day

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Thursday

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Friday

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Saturday

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Thanksgiving

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Practice your plan in response to various possible scenarios to ensure that everyone knows what to do.

You may also want to inquire about emergency plans at places where your Family spends time: work, daycare and school. If no plans exist, consider volunteering to help create one.



Army Disaster Accountability and Assessment System (ADPAAS): <https://adpaas.army.mil>  
FEMA: [www.fema.gov/plan/index.shtm](http://www.fema.gov/plan/index.shtm)  
Ready.gov: [www.ready.gov/america/makeaplan/index.html](http://www.ready.gov/america/makeaplan/index.html)

Supporting year of the Noncommissioned Officer

October						
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# safeguarding your personal and financial records

**STEP 1: Gather your personal documents—Use the following checklist to help you gather and organize your valuable documents.**

- Financial records:

- ☐ Tax returns and property tax statements
- ☐ Bank/credit union statements
- ☐ Credit/debit card statements
- ☐ Investment and retirement account records
- ☐ All income records (including government benefits, child support and alimony)
- ☐ Mortgage statement or lease
- ☐ Bills (electric, gas, water, etc.)

- Personal records:

- ☐ Military ID cards and records
- ☐ Birth certificates or adoption papers
- ☐ Marriage license and divorce decrees
- ☐ Social Security cards
- ☐ Citizenship papers
- ☐ Passports
- ☐ Wills and record of beneficiaries
- ☐ Insurance records (medical cards and records, auto, life, group accident and home or rental insurance)
- ☐ Pet proof of ownership and vaccination records
- ☐ Vehicle registration/ownership records
- ☐ Powers of attorney (personal/property)

**STEP 2: Put copies of your personal documents in a waterproof, portable emergency supply kit.**

**STEP 3: Store all original documents, photographs and computer back-up disks in an off-site safety deposit box. Be sure to keep this key in a secure place.**

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# december 2009



## Monthly Shopping List

- Water-proof container for important documents
- One poncho per person

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



ATMs do not work when electricity is out, or they may not be restocked during an emergency. Be sure to include some cash in your storage box or emergency kit.



Take inventory of your records every six months to ensure all documents are up to date.

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National Guard Birthday

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Hanukkah Begins at Sundown

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Christmas Day

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Kwanzaa Begins

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New Year's Eve

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Make sure you have current copies of your documents and if possible, scan or photograph them and store the files on archival CD-ROM or USB Thumb Drive.



Army Emergency Relief:  
[www.aerhq.org](http://www.aerhq.org) emergency  
financial assistance, not  
just for disasters.

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# unique needs

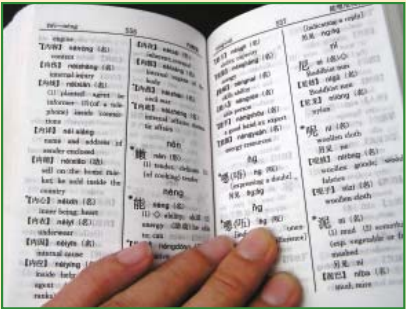
Every Family is unique and our life circumstances can change.  
Think about the circumstances of your Family and plan ahead.



**Get a Kit**  
Be sure to update your emergency plans and kits to reflect your current needs. Include items such as baby food, diapers, food for service animals, or eye glasses.



**Make a Plan**  
People with temporary or long-term challenges must take a proactive approach to ensure that their safety needs are included in all emergency planning. Look into special assistance programs that may be available in your community. Register with the Army installation or local office of emergency services, local fire department and local utilities to get priority assistance.



**Be Informed**  
If you live abroad, know your local emergency procedures and how you will receive information. Include cash in the local currency and important translations in your emergency kit.

For more information visit [www.ready.army.mil](http://www.ready.army.mil).





january 2010

Sunday

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Sign up to see if your county offers emergency alerts that can be sent out via e-mail or text messages.



If you use medical equipment, consider having back-up equipment stored at your evacuation location or places where you spend a lot of time.



Monthly Shopping List

- First aid kit (rubbing alcohol, sterile adhesive bandages in assorted sizes, adhesive tape, gauze pads, latex gloves, antiseptic, tweezers, scissors, safety pins and thermometer)
- Prescription medications and pain relievers

New Year's Day

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Martin Luther King, Jr. Day

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Log on!

[www.ready.army.mil](http://www.ready.army.mil) has preparedness tips and resources for people with special needs.

The National Organization on Disability ([www.NOD.org](http://www.NOD.org)) is an excellent source for emergency planning guidance and identifying federal, state and local programs that can assist you.

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December						
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# power outage

Electrical power can go out for any number of reasons. Without electricity food in the refrigerator and freezer may spoil, and you may experience extreme temperatures.

Power outage in your area may mean traffic lights and other resources will not be working.

You should consider how these circumstances will affect your Family and be prepared to manage without power for an extended period of time. Some emergencies commonly produce secondary effects.

Learning about all hazards will prepare you for secondary hazards such as power outage and flooding.

## How to Prepare for a Power Outage

- Have flashlights and batteries, including a spare battery or hand-crank charger for your cell phone.
- Have a battery-operated or hand-crank radio.
- Stockpile plenty of nonperishable food and bottled water.
- Back up computer files regularly.

## What to Do If There Is a Power Outage

- Turn off the electrical equipment you were using when the power went out.
- Try not to open the freezer or refrigerator too much. A full freezer should keep food for 48 hours.
- Pack dairy products, meat, fish, eggs, refrigerated medicines, and other items that can quickly spoil in a cooler surrounded by ice to extend their usability.



# february 2010

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Valentine's Day

Presidents' Day

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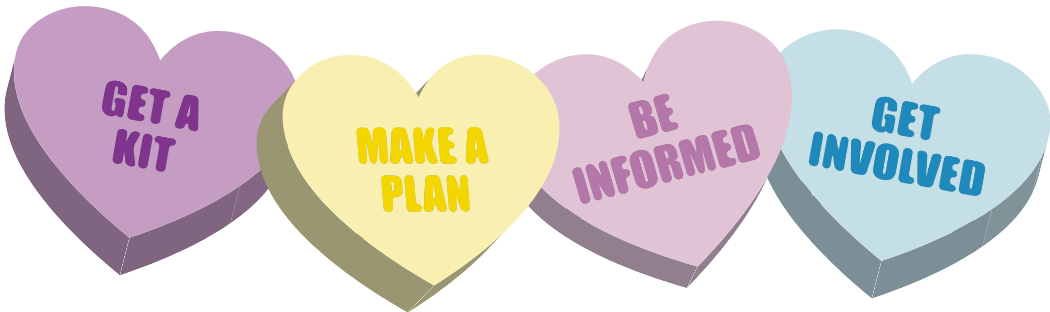
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 Water purification systems may not be functioning when the power goes out, so water may be unsafe to use. Drink and use water that has been bottled, boiled, or treated with iodine tabs and a filtration system.

 Use flashlights or light sticks rather than candles for light to minimize risk of fire.



[www.ready.army.mil](http://www.ready.army.mil)  
for hazard specific  
fact sheets

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March						
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- Monthly Shopping List**
- Battery-powered or hand-crank flashlight
  - Battery-powered or hand-crank radio *with all-hazards weather station frequency*
  - Extra batteries

# shelter-in-place

In some emergency situations staying put is the best option. Sheltering-in-place means to take temporary protection in a structure or vehicle—typically your workplace or residence. Remember, preparing your residence is your own responsibility.

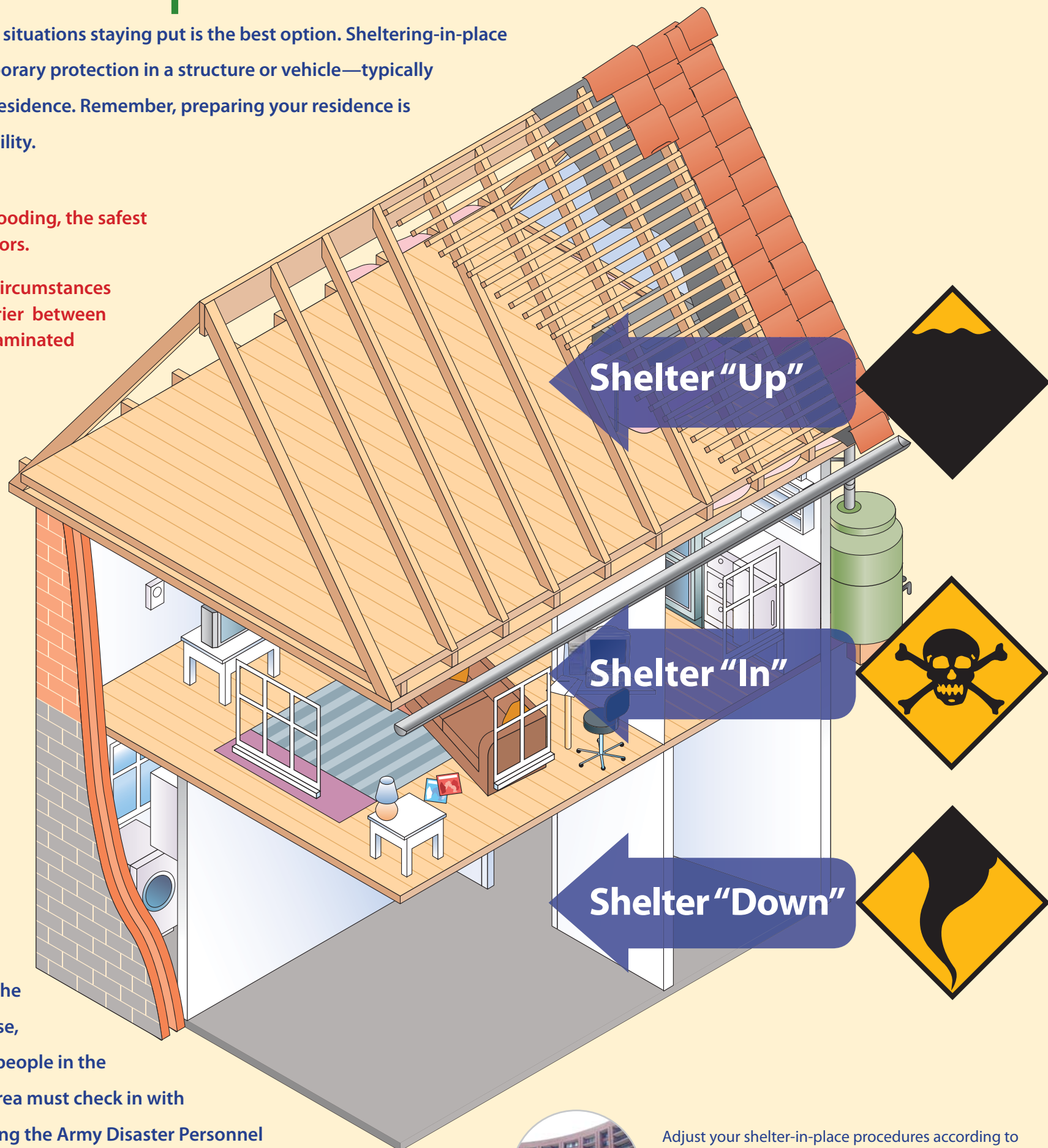
**Shelter “Up”** – When there is flooding, the safest place in the house is upper floors.

**Shelter “In”** – There are other circumstances when you should create a barrier between yourself and potentially contaminated air outside.

- Know how to turn off your heating, ventilation and air conditioning (HVAC) systems.
- Bring everyone safely inside to an interior room or one with as few windows and doors as possible.
- Close and secure all doors, windows, vents and other exterior openings.

**Shelter “Down”** – In case of tornados or high winds, the safest place is in the basement or an interior room with few windows and doors.

When directed by the Secretary of Defense, all Army-affiliated people in the disaster-affected area must check in with their command using the Army Disaster Personnel Accountability and Assessment System (ADPAAS) at <https://adpaas.army.mil> or an established call center.



Adjust your shelter-in-place procedures according to the type of building you are in. For example, if you live in a high-rise apartment, you will have to go to the base level of the apartment complex instead of staying in your actual apartment during a tornado alert.



# march 2010



- Monthly Shopping List**
- **Hardware store:** Hammer, screwdriver, wrench or pliers for turning off utilities (or multi-tool)
  - **Personal sanitation supplies** (toilet paper, feminine hygiene, moist towelettes, toothbrush and travel-size toothpaste)

SundayMondayTuesdayWednesdayThursdayFridaySaturday

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Daylight Savings Time Begins

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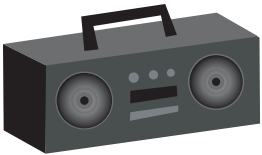
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Once you are in a safe place, report to your command if you are military or civilian personnel or a member of the selective reserves.



Stay tuned for Emergency Alert System (EAS) broadcasts on the radio or TV.



[www.ready.army.mil](http://www.ready.army.mil) for recovery resources

Army Disaster Personnel Accountability and Assessment System (ADPAAS) at <https://adpaas.army.mil>

February						
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# The Future of Our Nation

Celebrating  
*Month of the  
Military Child,*

Ready Army invites children  
and teens to join the  
*Prepared Kids*

competition and inspire  
Army Families all over  
the world to get ready  
for emergencies.

*Prepare strong!*

For more information and competition  
rules visit **[www.ready.army.mil](http://www.ready.army.mil)**.



ARMY STRONG.™



*As emergencies  
affect the entire Family,  
make your children  
a part of  
preparedness  
planning.*

**[www.ready.army.mil](http://www.ready.army.mil)**



# april 2010

Sunday

Monday

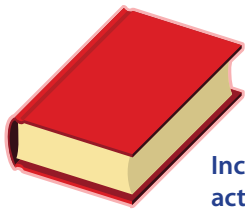
Tuesday

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Saturday



Include toys and activities in your kit.



Age appropriate learning helps children understand what their role is during an emergency. Preparing children for emergencies is important to their safety and emotional well being.



## Monthly Shopping List

- Infant food, diapers, formula and bottles *(if needed)*
- Weather appropriate clothing
- Emergency preparedness handbook

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Annual Launch of the Prepared Kids Competition!

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Easter

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Army Reserve Birthday

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[www.ready.army.mil](http://www.ready.army.mil)

The Ready Army website features the Kid's Campaign. You'll find printer-friendly preparedness activities designed specifically for children and links to Sesame Workshop materials. Enjoy these preparedness activities as a Family!

March						
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# mass warning and notification

*Every community is responsible for warning the public in case of an emergency. Know your local mass warning and notification systems.*

## Army installations are likely to have multiple systems:

- A voice announcing system using exterior speakers, commonly termed “Giant Voice,” and interior speakers or sirens.
- Interactive, community notification systems to provide voice and/or data messages to multiple receivers—telephones, cellular phones, pagers, e-mail, etc.
- Information Assurance broadcast across Army computer networks that overrides current applications.
- Sirens with varying patterns depending on the type of emergency broadcast throughout the installation.
- Overseas, this system includes warning sponsored Family members living off base, ideally by integration with local or host-nation systems.

**Methods of getting your attention vary from community to community. TV and radio stations will broadcast emergency messages. You might hear a special siren or get a telephone call, or emergency workers may go door-to-door. Be prepared to take emergency actions.**

**Warning**—A hazardous event is occurring or imminent. Take immediate protective action.

**Watch**—Conditions are favorable for a hazard to develop or move in. Stay alert.



# may 2010

SundayMondayTuesdayWednesdayThursdayFridaySaturday



Google™ your county's name with the word "alert" following it to see if your county has an emergency alert system and sign up for free e-mail and text messaging emergency notifications.



Know where to find local emergency information on the radio and internet.



## Monthly Shopping List

- Hand-crank or battery-operated cell phone charger
- Matches or igniter in a waterproof container

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Military Spouse Day



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Mother's Day

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Armed Forces Day

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National Hurricane Awareness  
Week Begins  
(Runs through May 30)

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Memorial Day

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Log on!

National Weather Service:  
[www.weather.gov/](http://www.weather.gov/)

Intellicast.com:  
Watches & Warnings  
[www.intellicast.com/  
Storm/Severe/Watches  
Warnings.aspx](http://www.intellicast.com/Storm/Severe/WatchesWarnings.aspx)

April						
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# lead the way to safety

Evacuations are more common than many people realize. When evacuations are necessary, local officials provide information to the public through the media or by use of sirens or telephone calls. Never ignore an evacuation warning. Timely evacuation is critical to the safety of your Family.

## Safe and effective evacuation requires planning ahead—There may be no advance warning

- If you are on base follow your established command procedure.
- Know local procedures such as Noncombatant Evacuation Operations.
- Be sure your emergency status accountability information is included in your evacuation kit.
- If you don't have access to a vehicle, make other arrangements ahead of time.
- Plan how you will care for your animals (see July).
- Develop a Family communication procedure in case you are separated.

## Actions to Take During an Evacuation

- Report your status to your command as soon as you are safely relocated.
- Check on neighbors who may need special assistance.
- Wear sturdy shoes and clothing, such as long pants, long-sleeved shirts and a cap.
- Secure your home.
  - Close and lock all doors and windows.
  - Turn off gas, electricity and water.
  - Unplug nonessential electrical equipment. Leave freezers and refrigerators plugged in unless there is a risk of flooding.
- Listen to a radio or TV for local evacuation instructions.
- Be safe on the road.
  - Take one car to reduce congestion and delay.
  - Follow the recommended evacuation routes and zones; shortcuts may be blocked.
  - Stay alert for damaged or missing roads, bridges and structures.
  - Avoid downed power lines.
- Communicate your location.
  - Let others know or post a note as to where you are going.
  - Once you are in a safe place, report to your command if you are military or government civilian personnel or a member of the selective reserves.





# june 2010



### Monthly Shopping List

- Ready-to-eat, nonperishable, high protein food
- Compass and local map

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Review maps of your local area with your Family so you know of several potential evacuation routes to take and places to meet if you should lose connection with your Family members.

Atlantic hurricane season begins

1

2

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Flag Day

235th Army Birthday



14

15

16

17

18

19

Father's Day

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Ask local authorities about emergency evacuation routes, and see if maps are available with evacuation routes marked to keep in your emergency kit.



Keep a full tank of gas in your car if an evacuation seems likely. Gas stations may be closed during emergencies and unable to pump gas during power outages.

Log on!

Visit [www.ready.army.mil](http://www.ready.army.mil) for information on planning your evacuation

U.S. Department of State, Emergency information for Americans abroad: [www.state.gov/travel/](http://www.state.gov/travel/)

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# preparing your pets for emergencies

Your pets are important members of your Family.  
Keep them safe in an emergency by planning ahead!

## Preparation

- Locate pet-friendly hotels or shelters for use in an emergency.
- Make a pet emergency supply kit. Include food, water, medications, leash, carrier, toy, veterinary and insurance documents and a photograph of your pet.
- Make sure your pets' identification tags are up to date and secured on their collars. Consider microchipping your pets.
- Ask a neighbor to evacuate or care for your pets in case you are not at home.

## During an Emergency

- Pets may become frightened. Allow extra time to secure your pets.
- If you are told to evacuate and you can bring your pets:
  - Make sure each carrier is secure and tagged with your pet's name, description, and contact details.
  - Understand that many shelters do not allow pets. You may have to board your pets or place them in a shelter prepared for evacuated pets.
- If you are told to evacuate and are ordered not to bring your pets:
  - Bring your pets inside and place them in an interior room. Never leave your pets outside during an emergency.
  - Leave plenty of food and water.
  - Place a notice on your door that your pets are inside. List the type and number of animals on your property, your name, phone number and the name and phone number of your veterinarian.
  - Make arrangements for someone to visit your pets until you can return.



# july 2010

SundayMondayTuesdayWednesdayThursdayFridaySaturday



Check policies on accepting pets at safe havens, hotels and motels outside your immediate area and along your evacuation route. Ask about restrictions on number, size and species. Inquire if the “no pet” policies are waived in an emergency. Make a list of animal-friendly places and keep it handy. Call ahead for a reservation as soon as you think you might have to leave your home.



- Monthly Shopping List
- Pet essentials (leash, pet carrier, extra set of I.D. tags, food, water, etc.)
  - Litter and box
  - Extra gallon of water for pets

Independence Day 4	AUSA's 60 <sup>th</sup> Anniversary 5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
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Your pets may have some behavioral changes because of trauma. Close contact with you will make them feel safer after an emergency.



FEMA: [www.fema.gov/plan/prepare/animals.shtm](http://www.fema.gov/plan/prepare/animals.shtm)  
The Humane Society of the United States: [www.hsus.org/hsus\\_field/hsus\\_disaster\\_center/resources/](http://www.hsus.org/hsus_field/hsus_disaster_center/resources/)  
Pet Hotels: <http://petshotel.petsmart.com>

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August						
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# ICE: In Case of Emergency

Add an In Case of Emergency (ICE) contact to your cell phone this month. This enables first responders, such as paramedics, firefighters and police officers to identify victims and get in touch with your emergency contact(s) to obtain important medical information.

- Step 1:** Enter a new contact, titled "ICE," on your cell phone or other portable communication device.
- Step 2:** Enter the phone number of the individual you would like called if you are injured.
- Step 3:** Place an ICE sticker on your phone to let first responders know you have programmed an emergency contact.

Store a hand-crank or battery-operated cell phone charger in your emergency kits. Individuals without cell phones should carry an identification card with emergency contacts and any pertinent medical information in their wallet or purse.





# august 2010



- Monthly Shopping List**
- Sunscreen and insect repellent
  - Medical aids
  - Contact-lens supplies if needed

Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday

<div>1</div>	<div>2</div>	<div>3</div>	<div>4</div>	<div>5</div>	<div>6</div>	<div>7</div>
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<div>15</div>	<div>16</div>	<div>17</div>	<div>18</div>	<div>19</div>	<div>20</div>	<div>21</div>
<div>22</div>	<div>23</div>	<div>24</div>	<div>25</div>	<div>26</div>	<div>27</div>	<div>28</div>
<div>29</div>	<div>30</div>	<div>31</div>	<div>It's recommended that you list a secondary contact as well, maybe ICE-Mom, or if you have a medical condition, ICE-my cardiologist.</div>		<div>Your ICE contacts should know your medical history and be able to help with emergency decisions. Your best friend may not be your best ICE number.</div>	



ICE: <http://www.icecontactusa.com>  
About.com: <http://patients.about.com/od/patientsafety/a/ice.htm>

July						
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## NATIONAL PREPAREDNESS MONTH

# get involved

In 95% of all emergencies, bystanders or victims themselves are the first to provide emergency assistance or to perform a rescue. (Citizen Corps)

How do I get involved in my local community?


- Share Ready Army. Tell people about the website, put up posters, host activities and invite your local emergency manager to speak. These are all ways of getting involved. [www.ready.army.mil](http://www.ready.army.mil)
- Citizen Corps provides opportunities to prepare, train and participate in community exercises and support local emergency responders. [www.citizencorps.gov](http://www.citizencorps.gov)
- The Emergency Management Institute (EMI) offers free, self-paced courses designed for people who have emergency management responsibilities and the general public. <http://training.fema.gov/IS/>
- The Community Emergency Response Team (CERT) Program educates people about disaster preparedness and trains them in basic disaster-response skills so they can assist others. [www.citizencorps.gov/cert/about.shtm](http://www.citizencorps.gov/cert/about.shtm)






# september 2010

SundayMondayTuesdayWednesdayThursdayFridaySaturday

 Make sure you know where your local fire department, police station and hospital are, and post their numbers and a list of other emergency phone numbers near all the telephones in your home.



- Monthly Shopping List
- Garbage bags and ties
  - Permanent marking pen and pad of paper

<div>5</div>	<div>Labor Day6</div>	<div>7</div>	<div>Rosh Hashanah Begins at Sundown8</div>	<div>9</div>	<div>10</div>	<div>911 Observance11</div>
<div>12</div>	<div>13</div>	<div>14</div>	<div>15</div>	<div>16</div>	<div>Yom Kippur Begins at Sundown17</div>	<div>18</div>
<div>19</div>	<div>20</div>	<div>21</div>	<div>22</div>	<div>23</div>	<div>24</div>	<div>25</div>
<div>26</div>	<div>27</div>	<div>28</div>	<div>29</div>	<div>30</div>	<div> Sign up for a first aid or CPR training course! For more information visit <a href="http://www.emergencyuniversity.com">www.emergencyuniversity.com</a> or <a href="http://www.cprclass.org/learn/">www.cprclass.org/learn/</a> or call your local American Red Cross chapter, the National Safety Council or American Safety &amp; Health Institute to ask about courses in your area (<a href="http://www.redcross.org">www.redcross.org</a>, <a href="http://www.nsc.org">www.nsc.org</a> or <a href="http://www.ashinstitute.org">www.ashinstitute.org</a>)</div>	



Points of Light Foundation and Volunteer Center National Network: Coordinates unaffiliated volunteers in disasters [www.pointsoflight.org](http://www.pointsoflight.org)

National Mental Health Information Center: Provides tips for emergency and disaster response workers, including valuable information on stress prevention and management approaches for rescue workers [www.samhsa.gov/](http://www.samhsa.gov/)

FEMA: Provides independent study courses on training <http://training.fema.gov/IS/crslist.asp>

August						
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## How Should I Plan?

If a pandemic occurs, it may affect daily life for a period of time and could include school and business closings as well as disruptions in the economy and everyday functions. Plan in advance for how you will handle:

- Child care
- Working from home
- Prescription medications
- Care for special needs or the elderly
- Transportation
- At-home schooling
- Food and water

Stay informed by checking World Health Organization (WHO), Centers for Disease Control and Prevention (CDC), and Office of the Surgeon General (OTSG) messages on [www.ready.army.mil](http://www.ready.army.mil).



## How Can I Prevent?

Minimize the impact on your Family:

- Wash hands frequently with soap and water for 20 seconds.
- Practice social distancing. Stay away from people who are ill.
- If you or members of your household are ill, stay home and avoid contact with others. Contact your health-care provider.



# pandemic influenza/flu

## What Is Pandemic Influenza?

A pandemic is a global disease outbreak. An influenza pandemic occurs when a new influenza virus emerges for which there is little or no immunity in the human population and spreads easily person-to-person. The federal government, states, communities and industry are taking steps to prepare for and respond to an influenza pandemic. Certain public health measures may be implemented, including:

- Treating sick and exposed people with antivirals
- Isolating sick people in hospitals, homes or other facilities
- Identifying and quarantining exposed people
- Closing schools and workplaces as needed
- Canceling public events
- Restricting travel



# october 2010

SundayMondayTuesdayWednesdayThursdayFridaySaturday



Practice infection control by maintaining a healthy lifestyle and diet, limiting your exposure with sick people and staying at home if you are sick.



Consider helping members of your community who might need assistance during an outbreak.



- Monthly Shopping List
- Dust masks (N95/N100)
  - Disinfectant, dish soap and disposable hand-wipes

International Day of Older Persons

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Columbus Day

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12

International Day for Natural Disaster Reduction

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16

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22

23

26<sup>th</sup> Annual Army Ten-Miler

24

AUSA Annual Meeting

25

AUSA Annual Meeting

26

AUSA Annual Meeting

27

28

29

30

Halloween

31



U.S Department of Health and Human Services: [www.pandemicflu.gov](http://www.pandemicflu.gov)  
World Health Organization: [www.who.int](http://www.who.int)  
Centers for Disease Control and Prevention [www.cdc.gov/](http://www.cdc.gov/)

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# how is your water supply?

During an emergency,  
your water supply could be  
interrupted or contaminated.

- Safely store enough water for at least three days.
- Estimate one gallon of water per person per day for your Family and include water for pets.
- Evaluate stored water and refresh regularly.
- Only drink water you know is safe.





# november 2010



## Monthly Shopping List

- Water purification drops or tablets
- Stainless steel or High Density Polyethylene (HDPE) water storage containers
- Water filtration system

SundayMondayTuesdayWednesdayThursdayFridaySaturday

	1	2	3	4	5	6
Daylight Savings Time Ends				Veterans Day		
7	8	9	10	11	12	13
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				Thanksgiving		
21	22	23	24	25	26	27
		End Atlantic hurricane season				
28	29	30				



Store water in Stainless steel or High Density Polyethylene (HDPE) water storage containers, marked with a triangle and the number 2. Keep stored water in cool, dark areas of your home. Replace stored water every three to six months.



www.ready.army.mil for information on Family plans & emergency kits.

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# contacting Family members and recovery

The Family

*If you have been affected by a declared emergency, the Army and other organizations can help.*

**Have a Family communication plan so that you know where and how to connect with your loved ones.**

- Identify an out-of-state contact.
- Designate a meeting place outside of your house, in case of fire.
- Designate a meeting place outside of the area, in case of evacuation.

## Finding Family

- Report your status to the Army Disaster Personnel Accountability and Assessment System via the Army Information Hotline or the ADPAAS website. Additional locator programs are provided by FEMA via the National Emergency Family Registry and Locator System and the National Emergency Child Locator Center. The Red Cross runs the Safe and Well List.

## Recovery

- Everyone who sees or experiences a disaster is affected in some way.
- Profound sadness, grief and anger are normal reactions to an abnormal event.
- Acknowledging your feelings helps you recover.
- Focusing on your strengths and abilities helps you heal.
- Accepting help from community programs and resources is healthy.
- Children and older adults are of special concern in the aftermath of disaster.

## Housing

- The American Red Cross and other agencies set up shelters for people who cannot return to their homes. Listen to the radio or watch local media for the location of the nearest facility. Pets are not permitted in public emergency shelters.
- For those who have longer-term housing needs, FEMA offers several types of assistance, including services and grants to help people repair their homes and find replacement housing.

Out-of-state Contact

Meeting Places



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# december 2010



- Monthly Shopping List**
- 1 box facial tissues
  - Work gloves and safety goggles
  - light sticks

SundayMondayTuesdayWednesdayThursdayFridaySaturday



The Army has a range of resources to assist you following an emergency. Your local health professionals, Family support groups and chaplains can provide helpful information and guidance to speed your recovery.

Hanukkah Begins at Sundown

International Day of  
Persons with Disabilities

National Guard Birthday

Christmas Day

Kwanzaa Begins

New Year's Eve



“Coping with Disaster”—The emotional toll that disaster brings can often be more devastating than the financial strains of damage. [www.fema.gov/rebuild/recover/cope.shtm](http://www.fema.gov/rebuild/recover/cope.shtm)

“Recover and Rebuild”—Provides information and resources for individuals impacted by disasters. [www.fema.gov/rebuild/index.shtm](http://www.fema.gov/rebuild/index.shtm)

November						
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# Family emergency plan



*Your Family may not be together when disaster strikes, so plan what you will do in different situations and plan how you will contact one another.*

## Family Evacuation Procedure

Where the Family will meet near home:	Phone (if any):
Alternate meeting place if access to home is blocked:	Phone (if any):

## Family Communications Procedure

- Fill in the information below. Add other important information to suit your Family’s circumstances.
- Keep this plan with your emergency supplies kit, along with your command’s standard and emergency reporting procedures.
- Make sure every Family member has the most important contact information for each other.

## Where Your Family Spends Time

<b>Work:</b>
Address:
Phone:
Evacuation Location:
<b>Work:</b>
Address:
Phone:
Evacuation Location:
<b>School:</b>
Address:
Phone:
Evacuation Location:

<b>School:</b>
Address:
Phone:
Evacuation Location:
<b>Other:</b>
Address:
Phone:
Evacuation Location:
<b>Other:</b>
Address:
Phone:
Evacuation Location:

## Contact Information

Out-of-Town Contact:	Phone:
E-Mail:	Alternate Phone Number:



## Family Members

Name:	Birth Date:
<hr/>	
Social Security #:	
<hr/>	
Drivers License #:	Passport #:
<hr/>	
Prescriptions/Medical Information:	

Name:	Birth Date:
Social Security #:	
Drivers License #:	Passport #:
Prescriptions/Medical Information:	

Name:	Birth Date:
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Social Security #:	
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Drivers License #:	
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Prescriptions/Medical Information:	
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Name:	Birth Date:
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Social Security #:	
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Drivers License #:	Passport #:
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Prescriptions/Medical Information:	

Name:	Birth Date:
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Social Security #:	
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Drivers License #:	Passport #:
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Prescriptions/Medical Information:	

Name:	Birth Date:
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Social Security #:	
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Drivers License #:	
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Prescriptions/Medical Information:	
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## Insurance Policy Numbers and Contacts

Medical/Dental:	Homeowners/Renters:
Automobile:	Life:

## Provisions for Utilities

In various emergency situations, whether you evacuate or shelter-in-place, you may be advised to cut off ventilation systems or utilities. Write the locations of, and instructions for, these controls and any tools necessary to change them. (Like fire and evacuation plans, this is a good thing to review and practice with the whole Family.)

Electricity:	
Gas:	
Water:	
Ventilation:	

**Army Disaster Personnel Accountability and Assessment System (ADPAAS)**  
Web site: <https://adpaas.army.mil>

- **Army Info Hotline:** 1-800-833-6622
- **Army OneSource**
  - Within CONUS: 1-800-464-8107
  - Outside CONUS (Collect): (484) 530-5980
  - (Toll Free): (800) 3429-6477
  - Hearing-impaired callers & TTY/TTD: 1-800-364-9188
  - Spanish-speaking callers: 1-888-732-9020 / 1-877-888-0727 / 1-877-255-7524
- **Military OneSource**
  - Within CONUS (24/7): 1-800-342-9647

## Other Important Information

[illegible]

# emergency kits

Get one or more emergency kits that include enough supplies for at least three days. Keep a kit prepared at home and consider also having kits in your car, at work and a portable version in your home ready to take with you. These kits will enable you and your Family to respond to an emergency more quickly. Your various emergency kits will be useful whether you have to shelter-in-place or evacuate.

## What to Put in Your Basic Home Kit

### • Necessary

- ☐ Water—at least one gallon per person per day for at least three days (Consider iodine and a filtration system to treat water if your supply runs out.)
- ☐ Food—nonperishable food for at least three days
- ☐ Manual can opener
- ☐ First aid kit
- ☐ Prescription medications and medical equipment/care aids
- ☐ N95- or N100-rated dust masks
- ☐ Personal sanitation supplies, such as moist towelettes, garbage bags and plastic ties
- ☐ Flashlight
- ☐ Battery-powered or hand-crank radio and cell phone charger
- ☐ All-hazards NOAA (National Oceanic and Atmospheric Administration) weather radio
- ☐ Extra batteries
- ☐ Cash
- ☐ Any tools needed for turning off utilities
- ☐ Local maps and your Family emergency plan
- ☐ Your command reporting information and important documents, including will, medical and financial power of attorney, property documents, medical instructions
- ☐ Emergency preparedness handbook

### • Additional

- ☐ Infant formula and diapers
- ☐ Pet supplies, including food, water, medication, leash, travel case and documents
- ☐ Reusable plates, cups, utensils, saucepan and portable stove
- ☐ Disinfectant
- ☐ Matches or flint in a waterproof container
- ☐ Sleeping bag or other weather-appropriate bedding for each person
- ☐ A weather-appropriate change of clothes for each person
- ☐ Coats, jackets and rain gear
- ☐ Fire extinguisher
- ☐ Paper and pencil, books, games, puzzles, toys and other activities for children
- ☐ Any items necessary for a specific type of disaster
- Additional Items that Can Be Essential for Those Stationed Abroad:**
  - ☐ Passports
  - ☐ Birth abroad certificates for children born overseas
  - ☐ Cash in the local currency
  - ☐ Card with local translations of basic terms
  - ☐ Electrical current converter

## Portable Emergency Kit

- Take this kit with you when you are ordered to evacuate. Consider items that will be easy to carry.
- Place items in a designated area that will be easily accessible in the event of an emergency.
- Make sure every member of your Family knows where the kit is.
- If you are required to shelter-in-place, keep this kit with you.
- Consider adding enough supplies to last two weeks.

## Work-place Emergency Kit

- This kit should be in one container to be kept at your work station in case you must evacuate from work.
- Make sure you have comfortable walking shoes at your work-place in case you have to walk long distances.
- This kit should include at least food, water and a first aid kit.
- Make sure you include your Family's communications procedure.

## Vehicle Emergency Kit

- In the event that you are stranded while driving, keep this kit in your vehicle at all times.
- This kit should contain at a minimum food, water, a first aid kit, signal flares, jumper cables and seasonal clothing (coats, rain gear).
- Make sure you include your Family's communications procedure.

## Maintaining Your Kits

- Routinely evaluate your kits and their relevance to the threats in your area.
- Throw away and replace any expired or damaged medications, food or water.

## Where to Find Additional Information

- Ready Army—  
[www.ready.army.mil](http://www.ready.army.mil)
- Department of Homeland Security (Ready.gov)—  
[www.ready.gov/america/getakit/index.html](http://www.ready.gov/america/getakit/index.html)
- Federal Emergency Management Agency (FEMA)—  
[www.fema.gov/plan/prepare/supplykit.shtm](http://www.fema.gov/plan/prepare/supplykit.shtm)



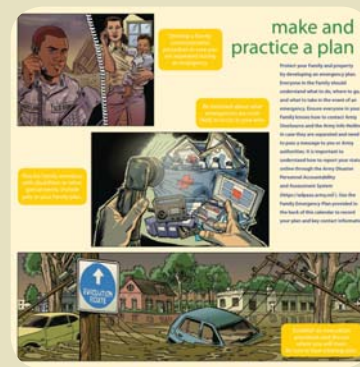




September 2009



October 2009



November 2009



December 2009



January 2010



February 2010



March 2010



April 2010



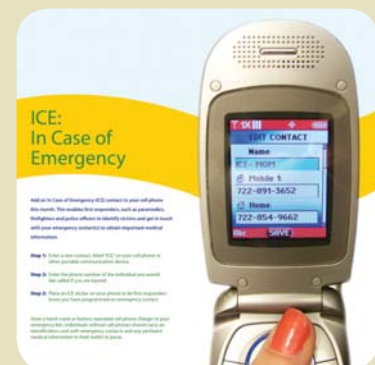
May 2010



June 2010



July 2010



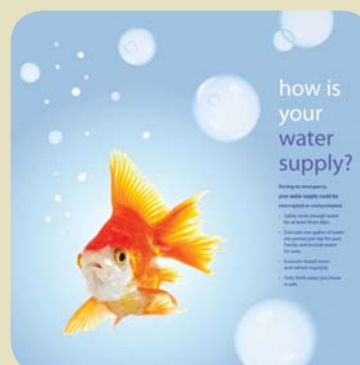
August 2010



September 2010



October 2010



November 2010



December 2010

**Army  
Emergency  
Management**

HQDA G-3/5/7

Army Asymmetric Warfare Office  
Protection Division  
Installation Preparedness Branch

